





PADUCAH PARKS & RECREATION
ALWAYS SOMETHING TO DO!

Paducah Recreation Center Activities For the Month of



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Paducah Recreation Center reserves the right to close early due to lack of participation.	The court must be shared with other members who may not want to play full court Pickup games for Open Gyms except for Basketball and Volleyball.	1 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	2 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Senior Center Pickleball 1:15-3:15pm Open Gym 3:30-5:15pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm	3 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	4 Closed	
5 Volleyball Open Gym 1:30-4:30pm	6 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-6:20pm Basketball Open Gym 6:30-9:00pm	7 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Family Open Gym 3:30-5:00pm Tiny Tot Volleyball 5:30-7:15pm Volleyball Open Gym 7:30-9:30pm	8 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	9 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Senior Center Pickleball 1:15-3:15pm Open Gym 3:30-5:15pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm	10 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	11 Closed 
12 Volleyball Open Gym 1:30-4:30pm	13 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-6:20pm Basketball Open Gym 6:30-9:00pm	14 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Family Open Gym 3:30-5:00pm Tiny Tot Volleyball 5:30-7:15pm Volleyball Open Gym 7:30-9:30pm	15 Tiny Tot Thanksgiving Celebration 10:00am-11:00am Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	16 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Senior Center Pickleball 1:15-3:15pm Open Gym 3:30-5:15pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm	17 Pilates 11:15-12:00pm Chair Yoga 12:15-1:00pm Mellow Mat Yoga 1:15-2:00pm	18 Closed
19 Volleyball Open Gym 1:30-4:30pm	20 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Tiny Tot Basketball 5:30-7:30pm Basketball Open Gym 7:30-9:30pm	21 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Family Open Gym 3:30-6:20pm Volleyball Open Gym 6:30-9:00pm	22 Homeschool Open Gym 1:30- 3:30pm Basketball Open Gym 6:30-9:00pm	23 	24 Closed	25 Closed
26 Closed	27 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Tiny Tot Basketball 5:30-7:30pm Basketball Open Gym 7:30-9:30pm	28 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Slow Flow Yoga 2:30-3:15pm Family Open Gym 3:30-5:00pm Tiny Tot Volleyball 5:30-7:15pm Volleyball Open Gym 7:30-9:30pm	29 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30- 3:30pm Booty Jam 5:30-6:15pm Basketball Open Gym 6:30-9:00pm	30 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Senior Center Pickleball 1:15-3:15pm Open Gym 3:30-5:15pm Zumba 5:30-6:15pm Volleyball Open Gym 6:30-9:00pm	Visit www.paducahky.gov/parks-recreation-department or Call 270-444-8508 for more Information about these or other Paducah Parks & Recreation Programs.	